

Breastfeeding advantages for mother

- Baby smells sweet and diapers smell less
- More convenient because there are no bottles to pack – just pack a diaper and go
- Mother can nurse in bed at night
- "Prolactin," a breastfeeding hormone, gives you a feeling of relaxation and well being
- Naturally free or low in cost
- Less trips to doctor's office or the emergency room with a sick child
- Helps you return to your pre-pregnancy weight faster



Breastfeeding advantages for baby

- Protects against infant allergies and ear infections
- Breast milk is easier for baby to digest
- Breast milk provides the perfect milk for babies, unlike man-made milks or formulas
- Babies rarely have diarrhea or constipation
- Milk is always ready, warm and clean
- Great for mother-infant bonding
- Lower risk of diabetes and obesity in later years

Consider Breastfeeding

All new mothers can use help to start breastfeeding. Seek someone experienced from your community or from the list below.

For more information...

Breastchoice Mother's Support Group **612-FEEDBABY** (612-333-3222)

Pilot City Health Center 612-520-8842

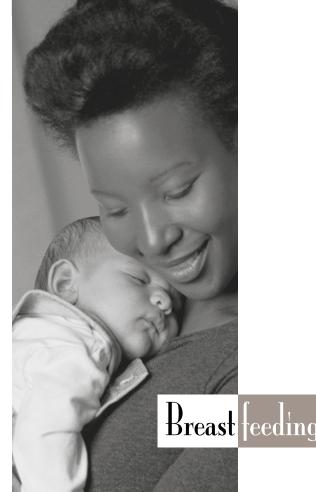
Breastfeeding Coordinator Hennepin County WIC Program 612-348-6121

Breastfeeding Service of Hennepin County Medical Center 612-347-8793

The Breastfeeding Program North Memorial Medical Center 612-520-5830

Breastfeeding is a special gift only you can give to your baby.

Written by: Mrs. Maaneb de Macedo, MPH Sponsored by: The League of Catholic Women





Breastfeeding is a dance that mother and baby learn. Learn that dance and enjoy each other!





Breastfeeding your newborn

Breastfeeding is the best, most nurturing way of feeding your new baby. Your breast milk is made for your baby and can protect baby from ear infections, allergies, diarrhea and constipation. Breastfeeding is something special you can do for your child.

Five helpful hints to start breastfeeding:

- 1. Tell your doctor or midwife you want to breastfeed immediately after delivery.
- 2. Tell the nurses NOT to give your baby pacifiers, formula or water bottles at any time.
- 3. Have baby "room-in" with you in the hospital. Nurse baby often and on demand.
- 4. Try to manage your labor and delivery without medications (medications do affect babies and make them drowsy at the breast).
- 5. Remember to breathe deeply and relax.

Questions & Answers

Q: How do I know if my baby is getting enough milk?

A: Your baby is getting enough milk if:

- Baby breastfeeds every 2 to 3 hours or about 8 to 12 times in 24 hours.
- Baby has 6 to 8 wet diapers in 24 hours after your milk "comes in."
- Baby is gaining weight. Most babies regain their birth weight at the 2nd week of life.

Q: How do I make more milk?

- **A.** Nurse the infant often. Each time baby suckles the breast more milk is created.
 - Rest when baby rests.
 - Drink to satisfy your natural thirst (water, juice, milk or tea without caffeine).

Q: What if my breasts are so full they hurt?

A: Apply a clean warm wash towel on breast and relax. The milk will begin to leak out, or squeeze the nipple to express some milk. The breast will soften so the baby can nurse.

Q: I have flat/inverted nipples, can I breastfeed?

A • YES! But if you feel unsure, seek help.

Q: When will my period return?

A: When breastfeeding your period may return between 3 to 18 months after delivery.

Q: Is breastfeeding painful?

A: Breastfeeding should be pain free. If you are having pain seek medical help. Don't delay.



Encourage involvement

Fathers, grandparents, aunts, uncles, cousins and extended family often want to help to feed the newborn. It is important for you to tell them that baby must learn to suckle the breast before he or she gets confused with plastic nipples.

Keep fathers and others involved through:

- Talking and singing baby to sleep
- Bathing baby
- Give mother fluids while she nurses
- Reading colorful stories to baby
- Story-telling traditional stories
- Change newborn's diaper
- Burping baby

Play ideas for newborns

- Hold baby often, in arms or in a front or back carrier
- Talk to your baby as you cook or work
- Hold toys for baby to learn how to reach
- Take infant outside to see nature

Sleep through the night

Each baby's sleep pattern is different. From birth to three months a baby should not sleep beyond four hours at a time without breastfeeding (infants stomachs are tiny and can only hold a small amount of milk at a time). After about three months baby may sleep up to 5 to 6 hours. Breastfed babies generally nurse more frequently in the daytime in order to sleep longer at nighttime.